

Welcome to *The Pulse*, from Greater Tri Cities IPA Medical Group. This is your quarterly check-up for health tips, facts, and all you need to know from your local North County Medical Group.

## New Years Resolutions

With the upcoming New Year, many will be setting New Year resolutions. This is a good time to include health and mental wellness in those resolutions. Here are a few simple resolutions to adopt:

- Drink more water: If drinking water is not satisfying, try infusing the water with lemon or a fruit of your choice.
- Make better food choices: Incorporate more vegetables and lean meats or fish in your diet. Minimize or avoid starchy foods like potatoes, pastas and breads. A meal with higher fiber and protein and lower carbohydrates will give you more energy.
- Get plenty of rest: Try sleeping 7 to 9 hours. Individuals who have good sleeping behaviors are less likely to get sick, maintain a healthy weight, and have reduced stress and risk for health problems, such as heart disease and diabetes.
- Incorporate more physical activity: Try walking for 30 minutes a day, if physically capable. Avoid the elevator and take the stairs instead. Invite a friend or family on those walks. The company of others can make walking more enjoyable.

Remember, one is more likely to keep a resolution if the resolution is simple and obtainable.

-From the desk of Iselda Gentry, MSN, FNP-BC

## Medicare Changes in 2020

Medicare has announced a few rate changes starting January. For those who have been paying \$135.50 a month for Medicare premiums, the new rate will increase to \$144.60 (or more depending on income.) Part A and B deductibles will increase as well. While the premium will increase for everyone, individuals on Medicare Advantage plans will not be impacted by the deductible increase for Part A or B.

There are so many plans to choose from. We hope you found a plan that best fits your needs. If you are not sure, you may have the option to change in the first quarter of the year. If you did change plans, be sure your new card has the correct doctor.

We are here to assist you in any way we can. Feel free to call with any questions - (760) 504-9740!

- Midland Senior Care Insurance  
(Lic0H31773/Lic0F50505)

## Keep that Promise to Yourself

The time of year is coming up where we all resolve to fulfill promises made to ourselves.

One resolution to make to ourselves should be about our health. Greater Tri Cities IPA cares about your health. We encourage you to take care of yourself; have an annual physical completed by April. If you need preventive items completed like an eye exam, a breast cancer screening, or a checkup for colon cancer make a promise to yourself to get those items completed by June. If your provider has prescribed you medications, make a promise to yourself to take them regularly and not to miss any refills. We are here to help. Contact us to help you schedule all necessary appointments. For more details, see the section on the reverse side, *Understanding Preventive Services*.

-Gabriel Ruiz  
Director of Risk Adjustment and Quality

## Diabetes Support Program

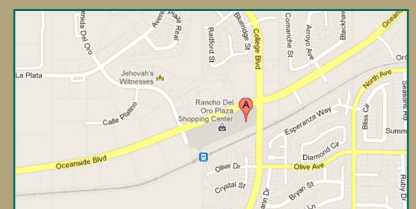
Recently diagnosed? Or struggling to manage your diabetes? Get one-on-one support. Talk to your Primary Care Doctor or contact our customer care line for more information (760) 732-0272.



## Quick Fix

Greater Tri Cities IPA  
Customer Service  
available 9 AM to 5 PM Monday  
thru Friday:  
(760) 732-0272 (TTY/TDD 711)

Urgent Care is available 8 AM  
- 8 PM Monday thru Sunday at  
828 Urgent Care:

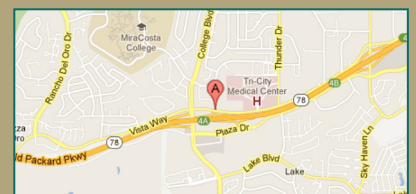


4171 Oceanside Blvd. #109  
Oceanside, CA 92056  
(760) 216-6253

Call your Primary Care  
Physician whenever possible  
before seeking Urgent Care.

Lab Work can be handled at  
any LabCorp location.  
[www.labcorp.com](http://www.labcorp.com)

Tri-City Medical Center is our  
primary hospital serving the  
community since 1961:



4002 Vista Way  
Oceanside, CA 92056  
(760) 724-8411

Your Primary Care Physician  
accepts the following health  
plans:

Aetna	Brand New Day
Alignment	Health Net
Anthem Blue Cross	Humana
Blue Shield	Sharp
Blue Shield Promise	United Healthcare

## Understanding Preventive Services

The grid below includes details about common preventive measure. Each item will indicate what is required, for who, and when. Please contact your physician to discuss your personal needs.

Who	What	When	Test
Females 50-74 years	Breast Cancer Screening	Every 2 Years	Mammogram
Males & Females 50-75 years	Colorectal Cancer Screening	Annually	Fecal Occult Blood Test- Lab
		Every 5 Years	Flexible Sigmoidoscopy
		Every 10 Years	Colonoscopy
Males & Females 18-85 yrs with hypertension	Controlling Blood Pressure	Annually	Blood Pressure Reading
Males & Females 18-74 who had an outpatient visit	Adult BMI Assessment	Every 2 Years	Weight/Height
Males & Females 18-75 with diabetes Type 1&2	Comprehensive Diabetes Care	Annually	Eye Exam
			Monitoring Diabetic Nephropathy
			HbA1c Control (≤ 9.0)
Males & Females	Flu Shots	Annually	Flu Vaccine